

9. The Self is the friend of the Self
of him in whom
the Self by the Self is vanquished ;
but to the unsubdued
-Self, the Self verily becometh hostile as
an enemy. — (vi. 6.)

10. The higher Self of him who is
Self -controlled and
peaceful, is uniform in cold and heat,
pleasure and pain, as
well as in honour and dishonour. — (vi.
7.)

11. The determinate reason is but
one in this mortal
"life, O joy of the Kurus ; many-
branched and endless are
the thoughts of the irresolute. — (ii. 41.)

12. Who sitteth, controlling the
organs of action, but
dwelling in his mind on the objects
of the senses, that
"bewildered man is called a hypocrite.
— (iii. 6.)

13. But who, controlling the
senses by Manas, O
Arjuna, with the organs of action
without attachment,
performeth Yoga by action, he is
worthy. — (iii. 7.)

14. There is no Buddhi for the non-
harmonized, nor for
the non-harmonized is there
concentration ; for him with-
out concentration there is no peace,
and for the unpeace-
ful how can there be happiness ? — (ii.
66.)

15. Such of the roving senses as the
Manas yieldeth to,
that hurries away the understanding,
just as the gale (hur-
Ties away) ships upon the waters. — (ii.
67.)

16. He whose Manas is free from
anxiety amid pains*
indifferent amid pleasures, loosed
from passion, fear and
anger, he is called a Muni of stable
mind. — (ii. 56.)

17. Even here on earth everything is
overcome by those
whose Manas remains balanced ;
Brahman. is incorruptible
-and balanced ; therefore they are

established in Brahman. —

18. Supreme joy is for this Yogi
whose Manas is peace-
ful, whose passion-nature is calmed,
who is "sinless and of
the nature of Brahman. — (vi. 27»)